

# The use of technology for ASRH self-care: Opportunities and Challenges

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# Maintaining access to essential ASRHR services during COVID-19

COVID-19 presents a grave challenge to the delivery of ASRHR programming. With even a modest 10% decrease in access to services, this could lead to an additional:

**48  
million**

women with an unmet  
need for contraception

**15  
million**

unplanned pregnancies

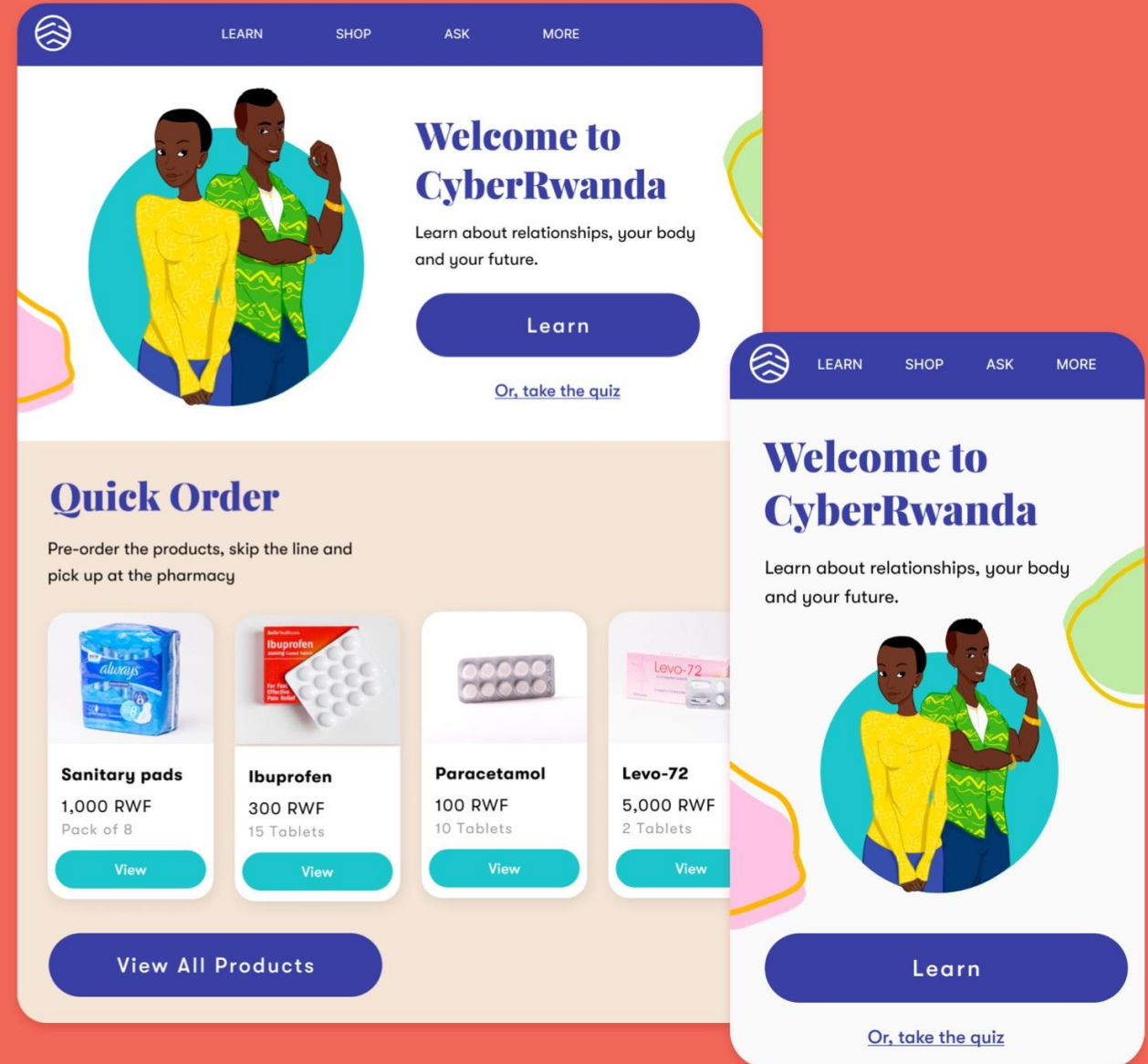
**3.3  
million**

unsafe abortions  
over one year

# Our existing self-care platform

## KEY ASSETS

- Can be available online/offline and on SMS, USSD, IVR, FB Messenger, WhatsApp, and WebChat.
- Already in use in Rwanda; being scaled nationally with USAID funding
- Features include:
  - Online order function with SMS code
  - Service finder for all national clinics and networked pharmacies
  - Screening questionnaires and self-referral
  - Interactive narratives with gender-transformative content, designed to shift behavior



HOME

LEARN

SHOP

ASK

MORE

# Welcome to CyberRwanda

Learn about relationships, your  
body and your future.

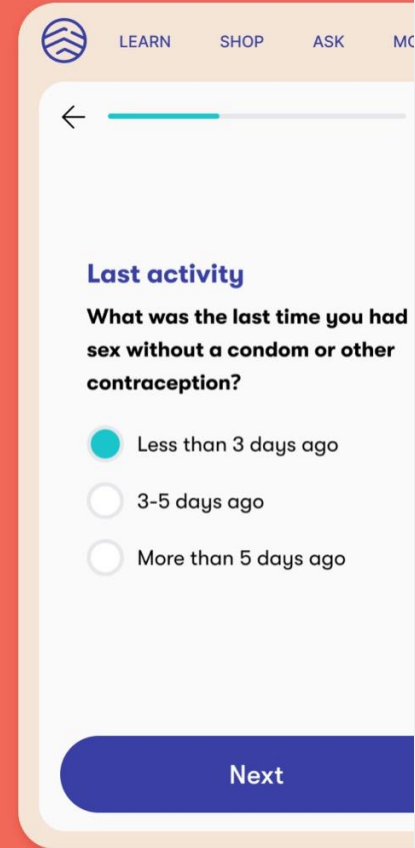
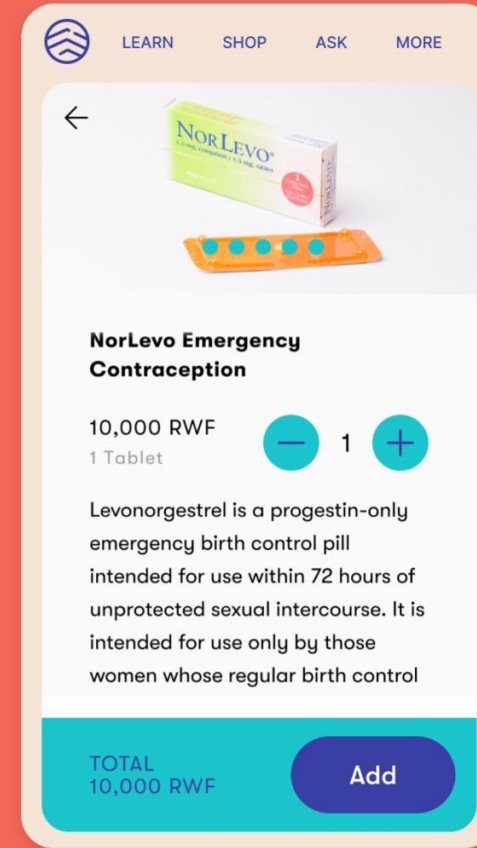
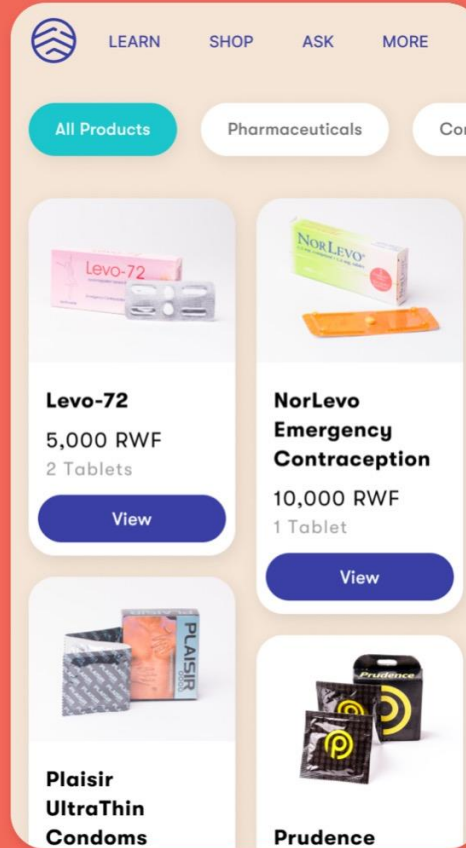


Learn Skills

# Our existing self-care platform

## SHOP

- Complete medical screening and purchase products online and receive secure code via IVR, online or SMS/USSD OR self-refer to services.
- Additional products, service access points and pricing can be added without coding
- Platform can support telemedicine and self-referral to services.



# HIV self-testing

## OPPORTUNITIES

- Self-care platforms offer the privacy and confidentiality that young people need in HIV testing, but also for PrEP, PEP, and MPTs
- Youth are becoming more comfortable with online ordering and access
- Platforms need to support readiness to test, testing, linkage, and post-test support.
- Better integration of SRH/HIV care

## CHALLENGES

- HIV self-testing is not yet widely available outside of urban centers
- Cost is a considerable barrier - consider built in subsidies for youth
- Need to ensure linkage to care and robust in-person support for youth in crisis
- Impact of COVID-19 on new cases is unclear



## Key considerations in designing for digital self-care

1. Design for equity and accessibility
2. Content is queen
3. Prioritize compliance
4. Need infrastructure to support youth in crisis
5. Design needs to be driven by young people, for young people



# Thank You

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